



Diabetes in New Hampshire

Issue Brief – November, 2007

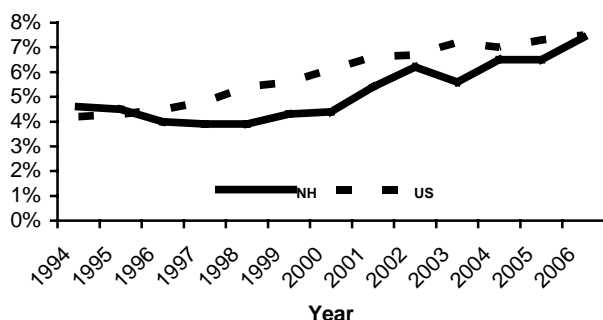


Diabetes is the seventh leading cause of death in New Hampshire. Diabetes is also a leading cause of blindness, kidney failure, and lower limb amputation. With funding from the federal government, New Hampshire's Diabetes Education Program works to prevent and control diabetes throughout the state. As part of that effort, information is collected on diabetes in New Hampshire. This Issue Brief summarizes the main findings of the 2006 Behavioral Risk Factor Surveillance System related to diabetes.

HOW MANY PEOPLE HAVE DIABETES?

In 2006, 7.4% of adults in New Hampshire reported having been diagnosed with diabetes. The number of people with diabetes has been increasing for a number of years and the increase is statistically significant. It is also important to remember that up to a third of persons with diabetes have not been diagnosed and are unaware they have the disease.

Prevalence of diabetes among adults by year, New Hampshire and United States, BRFSS, 1994-2006

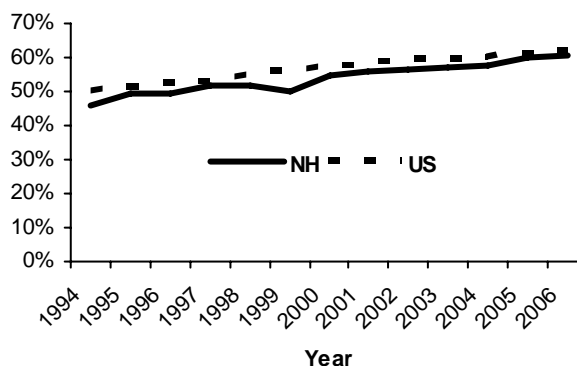


WHAT ARE THE RISK FACTORS FOR DIABETES?

The three main risk factors for diabetes are older age, overweight, and physical inactivity. We can't change how old we are, but we can help prevent the onset of diabetes by maintaining an appropriate body weight and by obtaining an adequate amount of exercise.

Data indicate that the proportion of adults in New Hampshire who are overweight has increased from 43.9% in 1990 to 60.7% in 2006. This trend is similar to what has been reported nationally.

Prevalence of overweight and obesity among adults by year, New Hampshire and United States, BRFSS, 1994-2006



Contributing to the increase in overweight is the fact that many residents of New Hampshire have a sedentary lifestyle. The proportion of adults who reported no leisure-time physical activity in the past month was 19.6% in 2006.

CAN THE COMPLICATIONS OF DIABETES BE PREVENTED?

Complications of diabetes can be prevented through proper care. Persons with diabetes should receive a number of clinical preventive services.

To prevent respiratory infections, it is recommended that persons with diabetes receive the flu and pneumonia vaccines. In 2006, 70.7% of adults with diabetes in New Hampshire received the flu vaccine. About 62.1% of adults with diabetes reported ever receiving the pneumonia vaccine.

To prevent blindness, persons with diabetes should have an annual dilated eye examination. In 2006, 76.8% of adults with diabetes in New Hampshire reported having received an eye exam in the past year.

To monitor long-term control of blood sugar, persons with diabetes should be tested for glycosylated hemoglobin, also called Hemoglobin A1c. In 2006, 74.5% of adults with diabetes in New Hampshire had been tested for glycosylated hemoglobin at least twice in the past year.

To prevent infections, it is recommended that persons with diabetes have at least an annual foot exam by a health professional. In 2006, 80.9% of adults with diabetes in New Hampshire reported having had at least one foot examination in the past year.

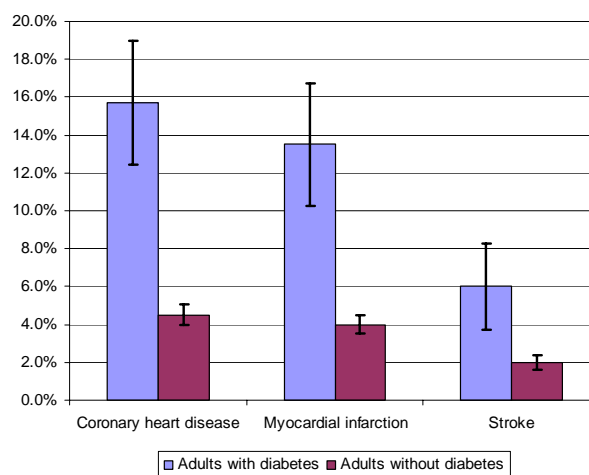
Approximately 66.0% of New Hampshire diabetics have had an annual dental exam in 2006.

WHAT OTHER MEDICAL PROBLEMS ARE OF CONCERN TO PERSONS WITH DIABETES?

People with diabetes are at increased risk for heart disease, the most life-threatening consequence of diabetes. Adults with diabetes have heart disease and stroke death rates about 2 to 4 times higher than adults without diabetes. About 65% of deaths among people with diabetes are due to heart disease or stroke.

In 2006, 15.7% of adults with diabetes in New Hampshire reported having coronary heart disease, with 13.5% reporting having had a heart attack. Further increasing this risk for coronary heart disease, 14.5% of New Hampshire adults with diabetes report cigarette smoking.

Prevalence of heart disease and stroke among respondents with and without diabetes, BRFSS, 2006



WHERE CAN I GET MORE INFORMATION?

For more information on the data presented here, contact the New Hampshire Department of Health and Human Services, Diabetes Education Program at (800) 852-3345 ext. 5173 (within New Hampshire) or (603) 271-5173. The report is also available at the department's website: www.dhhs.state.nh.us/DHHS/CDPC/dep.htm.

Reference:

- 1) Centers for Disease Control and Prevention. National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2003. Rev ed. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2004
- 2) Health Statistics and Data Management Section, New Hampshire Behavioral Risk Factor Surveillance Data, New Hampshire Department of Health and Human Services, Division of Public Health Services, Bureau of Disease Control and Health Statistics .

COUNTY COMPARISON (BRFSS 2006)

Region	Prevalence of Diabetes	Prevalence of Coronary Heart Disease	Prevalence of Myocardial Infarction	Prevalence of Stroke	Prevalence of Overweight and Obesity	Prevalence of No Leisure Time Activity	Prevalence of Current Smoking
Belknap	8.7 5.7-11.8	6.7 4.2-9.3	3.7 1.9-5.5	2.0 0.8-3.3	58.9 52.6-65.1	18.6 14.0-23.2	19.7 14.6-24.8
Carroll	7.8 4.7-11.0	3.3 1.2-5.4	2.4 0.7-4.0	1.9 0.6-3.2	55.8 48.0-63.5	21.6 15.6-27.6	16.9 11.3-22.5
Cheshire	7.6 5.1-10.0	5.3 3.3-7.3	3.7 2.1-5.3	1.6 0.4-2.7	60.1 54.2-66.0	21.4 16.9-25.9	21.5 16.5-26.5
Coos	11.3 7.1-15.6	7.5 4.1-10.8	8.1 4.3-11.9	5.0 1.7-8.3	63.4 56.3-70.5	29.0 22.4-35.6	28.8 21.6-36.0
Grafton	7.5 4.9-10.1	4.9 3.1-6.8	4.5 2.8-6.3	1.5 0.6-2.4	60.0 54.0-66.0	16.3 12.7-19.9	17.8 13.0-22.7
Hillsborough	6.8 5.4-8.2	3.3 2.4-4.2	3.2 2.3-4.1	1.6 1.0-2.3	60.5 57.3-63.7	19.5 17.1-21.9	17.8 15.4-20.3
Merrimack	8.3 5.8-10.7	4.8 3.1-6.4	4.7 3.1-6.3	2.3 1.1-3.6	60.6 55.7-65.4	18.2 14.7-21.7	14.8 11.3-18.3
Rockingham	7.2 5.1-9.2	3.8 2.7-4.9	3.9 2.7-5.1	1.9 1.1-2.8	62.2 58.3-66.2	18.8 16.1-21.6	19.0 15.9-22.1
Strafford	7.2 5.2-9.1	6.4 4.5-8.3	5.4 3.5-7.3	2.2 1.2-3.2	60.9 56.2-65.7	20.9 17.3-24.5	20.4 16.3-24.4
Sullivan	6.9 4.3-9.5	6.0 3.2-8.9	3.9 2.1-5.8	3.6 1.7-5.5	60.3 53.6-67.0	22.8 17.6-27.9	22.7 17.1-28.4
New Hampshire	7.4 6.7-8.2	4.5 3.9-5.0	4.0 3.5-4.5	2.0 1.6-2.4	60.7 59.0-62.4	19.6 18.4-20.9	18.7 17.4-20.0

NEW HAMPSHIRE RESIDENTS EVER DIAGNOSED WITH DIABETES (BRFSS 2006)

Responses regarding recommended medical care among people with diabetes:

Seen for Diabetes at Least Once in Past Year	Annual Dilated Eye Exam	HbA1C Measurement At Least Twice in Past Year	Foot Exam by Health Professional		Diabetes Management Class	Pneumococcal Immunization	Influenza Immunization
			At Least Once in Past Year	Four Times per Year			
87.1 83.8-90.5	76.8 72.4-81.2	74.5 68.7-80.3	80.9 76.9-85.0	30.5 25.9-35.1	63.4 58.5-68.3	62.1 56.4-67.8	70.7 65.9-75.6

Responses regarding cardiovascular disease and risk factors among people with diabetes:

	Prevalence of Coronary Heart Disease	Prevalence of Myocardial Infarction	Prevalence of Stroke	Prevalence of Overweight and Obesity	Prevalence of No Leisure Time Activity	Prevalence of Current Smoking	
	15.7 12.4-18.9	13.5 10.3-16.8	6.0 3.7-8.2	82.4 78.6-86.2	36.0 31.1-40.9	14.5 10.8-18.2	